



**Tuesday (2/25) Chest**

**Advanced Trainee**

**Incline BB Press SS Flat DB Press 8X8- 60 sec rest in between**

**Giant Set:**

**Decline Push-Ups (Set feet up on a bench and get in regular push-up position)**

**SS**

**Low to High Cable Flys**

**SS**

**Dips**

**SS**

**Incline DB Press**

**SS**

**Flat DB Flys**

**SS**

**Cable Cross Overs**

**4 Rounds 12 Reps Each 90 Sec Rest Between Each Round**

**Beginner Trainee**

**Incline BB Press: 4 Sets of 15 Reps (75 sec rest)**

**Dips: 4 Sets of 15 Reps (40 sec rest)**

**Cable Cross Overs: 4 sets of 15 Reps (40 sec rest)**

**Standard Push-Ups: 4 sets of 12 Reps (40 sec rest)**

**Flat DB Press: 4 sets of 12 reps (40 sec rest)**